

IN THE CLAIMS

Please amend the claims as follows:

1. (Currently Amended): A food or food product containing at least one processed grain product selected from the group consisting of wheat, barley, oats and rye;  
wherein said processed grain product is produced by soaking the seeds of at least one of wheat, barley, oats or rye in water or hot water without germinating the seed; and  
increasing the content of at least one free amino acid, GABA and/or dietary fiber in said food or food product by controlling the temperature, time period, or temperature and time period of at least one step of a kneading process, a fermentation process, or an aging process used to manufacture said food or food product  
using grains as materials,  
~~characterized in that functional ingredients contents are increased by controlling manufacturing conditions in at least one step during a manufacturing process of the food or food product.~~

2. (Currently Amended): The food or food product ~~as claimed in~~ of claim 1,  
wherein the processed grain product is processed barley  
~~wheat, barley, and soba are said grains as materials.~~

3. (Cancelled)

4. (Currently Amended): The food or food product ~~as claimed in any one of claims 1-3, characterized in that said food or food product is one of~~ claim 1 that is at least one member of the group selected from bread, pasta, udon and soba.

5. (Currently Amended): The food or food product of claim 1, which is produced by a kneading process that increases the content of at least one free amino acid, GABA or dietary fiber  
~~as claimed in any one of claims 1-4, wherein the manufacturing process is a kneading process.~~

6. (Currently Amended): The food or food product of claim 1, which is produced by a fermentation process that increases the content of at least one free amino acid, GABA or dietary fiber

~~as claimed in any one of claims 1-4, wherein the manufacturing process is a fermentation process.~~

7. (Currently Amended): The food or food product of claim 1, which is produced by an aging process that increases the content of at least one free amino acid, GABA or dietary fiber

~~as claimed in any one of claims 1-4, wherein the manufacturing process is an aging process.~~

8.-16. (Cancelled)

17. (New): A flour-containing food product having an increased content of GABA compared to a conventional flour-containing food product, produced by:

adding to flour and other ingredients used to make a conventional flour-containing product at least one ingredient made from soaked, but not germinated, seeds of at least one member selected from the group consisting of wheat, barley, oat and rye seeds; and/or barley malt thus producing a mixture; and

fermenting, kneading and/or aging the mixture;

thereby providing a flour-containing product having an increased GABA content compared to an otherwise identical conventional flour-containing product produced without the addition of said added ingredient.

18. (New): The flour-containing product of claim 17, wherein the added ingredient is flour made from soaked, but not germinated, seeds selected from the group consisting of wheat, barley, oat and rye seeds.

19. (New): The flour-containing product of claim 17, wherein the added ingredient is barley malt or barley malt flour.

20. (New): The flour-containing product of claim 17, wherein the added ingredient is barley flour produced from soaked, but not germinated, barley.

21. (New): The flour-containing product of claim 17, wherein the mix ratio of added ingredient to flour ranges from 10% to 50%.

22. (New): The flour-containing product of claim 17, which is made by fermenting the ingredients of the flour-containing product for a time and at a temperature which increase the GABA content of the flour-containing product.

23. (New): The flour-containing product of claim 17, which is made by producing a kneadable mixture of the ingredients of the flour-containing product, and kneading the mixture for a time and at a temperature which increase the GABA content of the flour-containing product.

24. (New): The flour-containing product of claim 17, which is made by aging the ingredients of the flour-containing product for a time and at a temperature which increases the GABA content of the flour-containing product.

25. (New): The flour-containing product of claim 17, which is bread dough, bread, pizza dough, pizza, or cake.

26. (New): The flour-containing product of claim 17, which is udon, soba, or a pasta product other than udon or soba.

27. (New): The flour-containing product of claim 17, which is a coating for fried chicken or for other fried foods.

28. (New): A method for making the food or food product of claim 1 comprising:  
combining with other ingredients used to make the food or food product at least one processed grain product that is produced by soaking the seeds of at least one grain selected from the group consisting of wheat, barley, oats and rye in water or hot water without germinating the seed to product a mixture; and

kneading, fermenting and/or aging the mixture for a time and at a temperature that increases the content of at least one free amino acid, GABA and/or dietary fiber in said mixture; thus preparing a food or food product having an increased amount of at least one free amino acid, GABA, and/or dietary fiber.

29. (New): A method for making the flour-containing food product of claim 17 comprising:

adding to flour and other ingredients used to make conventional flour-containing product at least one ingredient made from at least one soaked, but not germinated, type of seeds selected from the group consisting of wheat, barley, oat and rye seeds; and/or barley malt to produce a mixture; and

fermenting, kneading and/or aging the mixture;

thereby providing a flour-containing product having an increased GABA content compared to an otherwise identical conventional flour-containing product produced without the addition of the added ingredient.